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survived
Gavin's wife
left him
that's over.
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SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



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TUESDAY, APRIL 10, 2018

CONNECTICUT COLLEGE, NEW HAVEN, CT

<http://SPOKE.ONLINE.COM>

ISSUE 184 APRIL 10, 2018

Paramedic pushes through PTSD

BY BRADLEY PARSON

There were no clear answers, answers, as Natalie Harris searched through her bottom cupboard for the best sleeping pills she could find. Her thoughts went far beyond just wanting a good nap in quiet, her sleep would never come in to go to sleep and never wake up.

Bringing in less sleep from outside the what she thought would be the last time, she took half of the bottle of pills. Her mind was finally calm. No more pain, no more family problems or nothing.

"I'm sorry. You will be OK. I love you," were the only words left for relatives found her.

The next thing she remembers is waking up in the hospital hours later. This was her third overdose and her return to medical.

Harris, of Somers, has been an Ulisses paramedic for over 10 years. At 38 years old she became pregnant. Her health and mental life went in a better for several months, but after spending day after day with the same other and her home soon after her mother and friend from a ruptured brain aneurysm and Harris became the guardian of her 1-year-old daughter.

Two and a half years later paramedics would rush into the home where her mom had another aneurysm and Harris would watch as they moved her back into life.

Impressed by their actions and their compassion, it was then Harris knew she wanted to become a paramedic.

Working as a full-time mom and paramedic student all day long meant Harris stayed up many late nights, working to achieve the highest marks that she could obtain. She succeeded, graduating with honours and receiving an award to help her pay for school.

"When I began my career I was in my glory," said Harris. "Recognized as pride and achievement. Going to work was a dream come true." She said she learned something new every day, was passionately stable and lived making a difference in people's lives.

However, as years went on, some of the calls she went on became filled with her longer and longer. She would try to separate her self from her work, shaking and the thoughts gnawed at her head. This quickly turned into avoidance and Harris could not fall asleep without a drink.

Recreationalists that enjoyed obstacles were the least. Unintentionally saying, "I'm so tired and sleeping much for up to three days was Harris's cycle to get through a "bad" call." She always wondered if it was normal. Of all her coworkers went home and dismissed number may.

On May 2, 2012 Harris went

on her longest call (that) would push her over the edge, it was the man that was allegedly part of a human cult and she described past. Her patient was the man's mother and he contained everything as she looked him in the eye.

"When I first arrived at the scene I asked him by the shore. He had sleep aids and I thought he had been assault. Quickly he turned my world dark. I realized he was the man's son who took pride in what he had just done."

For two years Harris kept pressed her thoughts about the call until the day came where she had to finally speak out on her own.

"I wasn't that nervous about testifying. I was confident in my knowledge of the call and was ready to go on, say what I needed to say and leave without thinking of her."

Being smaller the defendant could not see Harris past the judge's bench. She was asked to move left so that the man's son and his lawyer could see her and to ensure he could also correct and defend directly of her.

That night after a long day of court and then being a mom to a friend and coworkers who took her own life, Harris had taken all she could.

Her first conscious day passed a year earlier when she again took her mind out of her head and all she wanted to do was sleep. Two more a year later, she started the same thing.



Photo: Contributed

Paramedic Natalie Harris visited Connecticut College to share the story of her battle with mental health in order to end the stigma. Harris is shown with her son, Avery, 16.

a quiet mind and no sleep at all. Both of those signs from her husband her as the mental health ward, on Ulises and health.

"Sleeping like a rock" was what Harris called the pastoral hospitalization program she participated in five days a week after getting out of

the mental health ward. She struggled the first week with the thought that she was a professional and shouldn't be where she was. She had to bring out memories and thoughts that she had been suppressing for years.

CONTINUE ON PAGE 10

NO MORE CHANGING LETTERS THANKS TO NEW ELECTRONIC SIGN



Photo: Contributed by Connecticut College



Photo: Connecticut College



Photo: Connecticut College

Connecticut College, campus sign at the corner of Homer Watson Boulevard and Connecticut College Boulevard, was replaced on March 20. Paul Gossens, associate VP marketing and enrollment management and registrar, said the old sign limited the college's ability to promote campus events and community activities. The new digital sign is a lot more versatile.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What never falls
to cheer you up?



"My daughter every day."

John McCloud,
first year
advertising

"When it's sunny outside!"



Belinda McCloud,
first year
public relations



"Is that a trick question?
Well, I'll have to say that..."

Karenne Desautel-Gibson,
first year
advertising and marketing

"Watching Netflix, as and
as it needs."



Amanda Red River,
first year
marketing - Mktg



"Unleashing the music and sniffing
the fresh for cool feels and
stuff like that."

Patrick Brown,
first year
business and administration in
marketing

"My friends. They always
have my back, and they can
always make me laugh and
make me happy."



Andrea Pichkis,
first year
pre-health

FELBERT CARTOONS



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WELCOME THE NEW CSI BOARD OF DIRECTORS



The new executive team for Conestoga Students Inc. (CSI) includes (from left) Belinda McCloud, vice-president external; Justin McLaughlin, vice-president internal; and Almeena Chhina, CSI president. The new CSI board of directors includes (from left) Myli Desautel-Chhina, Scott Wylie, Nitaj Singh Kaur, Kavita Sehdev, (bottom photo from left) Stephenne Simon, Anmolpreet Singh and Roberta Englehardt.



Brit Floyd engages audience

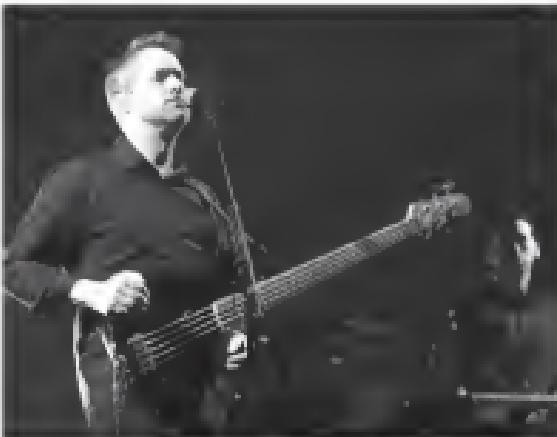
BY ROBBIE SLADE

The progressive and psychedelic rock band Brit Floyd hit the stage at Kitchener's Centre on the Square April 8 in an almost entirely full house.

An audience of approximately 1,700 people filled the seats, becoming immersed in the visual and soundscape of a Pink Floyd live show. Many of those in attendance were longtime super fans of the original band that ranged between 1965 and 1990.

Ken Barker, a Kitchener resident, is one of those fans. "I'm not sure, since I've been a long time ago," he said about how long she has been a fan of Pink Floyd. She even attended a concert by one of the original members of the band, "Steve Ringer Pictures" doing "The Wall" maybe five years ago. The last time he was in town, or Toronto, Barker said.

Andy Stevens, a Kitchener resident as well, was in the same position. "At, say, the early '70s, a long time ago," he said, "before I even became a big, long-standing enthusiast toward the band." Entering the concert hall, Stevens was most looking forward to reuniting. "It's always nice to hear someone else's different view on it too," he said.



Ken Culliford, a bassist and bass guitarist for Brit Floyd, plays with the band on April 8 at Centre on the Square.

The tribute band played almost entirely without dialogue, only speaking in say "Thank you Kitchener" or "I'm so happy to be here," and to introduce the band's members, which didn't happen until close to the end of their performance.

The show was true to its psychedelic genre. A regular screen behind the stage played interlocking videos that sometimes blended over to the rest of the surrounding screens as well. The videos were of everything and

anything, animated and surreal as well as real life. The two synthesizers that were played throughout the set also gently added to the pace.

The audience was engaged throughout the performance



Photo by Robbie Slade

The Brit Floyd tribute band Brit Floyd, plays to a full house.

even dancing, after certain songs finished. Before the 20-minute intermission and at the close of the final song.

Clapping spontaneously during the show, one man even shouted, "Thanks for coming to Kitchener" to the band during a very quiet moment between the first few songs in which the audience cheered in excited agreement.

The set list included Pink Floyd classics such as Wish You Were Here, Money Time and Another Brick in the Wall, all which had the audience swaying and nodding along to the beat of the music.

The large audience presented the band with a standing ovation at the end of the show, and the band rewarded them with two extra songs in return.

DJ Kruz connects community using music

BY ROBBIE SLADE

Driving and bartending and always just pushing a button, for Gordano Givens' brother known as DJ Kruz, it's all about bringing people together.

DJ Kruz started his career as a radio host volunteering at CCRW 103.9. It was a time with limited access to music references. He was able to get his own show at Givens' CCRW 103.9 and shortly after started up another show at CCRW 103.9.

He believes he started his journey in the bartending world here in Kitchener. DJ Kruz has been at DJ Kruze's 15.

"My family immigrated here. There were programs back then where you would apply to your home country and just wait for a spot to come over and we were lucky enough to get a seat," he said.

His father was a business owner and at the time there was a lot of civil unrest in

the country, and depending on your status, there was the possibility of running into trouble. So the then family's safety kept them in Canada. Having a Spanish background allowed DJ Kruz the opportunity to move on as a Spanish audience by finding and reporting news from their home countries.

"So I had my contacts who would get me information on regular mail, via email, regular mail. They would send me whatever I asked for, including mixes. So, of course that wasn't something available anywhere around here so that was like a good way to do it. And you know, it was great back then, still pretty good (now), but back then there was more attention because people didn't know what was going on at the world. So it was just a medium for them to get information."

In the '80s being a bartender and DJ were

beyond running on a laptop.

"We're going back to the '80s right? So I bought my mixer, I had my mixer from when I bought my mixer and there were no CDs because at the time you would go through the phonograph and play. The record and have them and you, say information or certain CDs they had but we used to start from 0. I started building my library. I got mixes and mixes of CDs and a few vinyl that I used to buy. Now as all electronic music became more and more music went away, put a record but more like samples. And with a lot of collaborations now it's a little bit different. Now you can actually make mixes which is cool in a lot easier than having to go and spend all kinds on a CD. So you're really going to need some or two things from which is a lot of money."

After this phase of producing new music and references at CCRW 103.9 he went back to CCRW and has been there ever

for over 10 years. He can be found playing over radio sets from 8 to 4 p.m. on Sunday afternoons on 103.1.

In addition to finding references to the Spanish community, he is also on hand to bring together many people for DJing at stage events, including The Flying Dog (a short show), DJ Tropicana and other places across Ontario.

"I try to keep listening to the jingles and all the beats. I can based on the audience. For the most part at clubs I play tropical. When it comes to tropical that means salsa, bachata, conga, merengue and various reggaeton. A lot of it. The largest media for the Latin community, especially in a smaller area, is social. You have to cover a certain age group, all in one place. So you have influences from many because you are not going to be playing reggaeton all night for a couple of Mayan girls, but you also

can't play salsa or merengue all night just for the same people. You have to remember when your audience looks like and what they're dancing into and that's how you start to bring the night up and breakdown."

For the most part though, for DJ Kruz, the connection is making with people and the connection he witnesses being made in what it is all about.

"My favorite event or venue was The Flying Dog. I was basically there every Thursday night before they shut it down. I got to teach a lot of people get experience in dancing and they went on to do other things. With the dancing part of a lot of them went on to be instructors or others went on to do their own performances. There were people who got engaged at the Dog... proposing right on the dance floor. It was always kind of neat to see all these types of things."

Pillow warriors fight with eyes wide open



PHOTO BY BRIANNA POLK

The seventh annual International Pillow Fight Day was held in Waterloo on April 1, as well as in dozens of other cities around the world. Community members came together in Victoria Park to dance and have fun in an hour-long pillow fight. The event was hosted by SQUISH which organizes free, fun, family-friendly events in Waterloo Region. For video story, go to www.wpolconline.com.



Canada to legalize marijuana

BY ANDREW BENNETT

The Liberal government revealed that it will be introducing legislation later this month that will see marijuana legalized across Canada by July 1 of next year.

The legislation is expected to be made public this week, with some sources saying that April 8 is a reasonable calendar date where marijuana enthusiasts all across the country, at the same time, will be the date of the release.

However, with a formal framework for cannabis use yet to be disclosed, some Canadians believe the information has created more questions than answers about what has been answered.

Many experts and advocates of the proposed legalization effort remain bullish at the continued prosecution of marijuana offenders. Most notably, the arrests of the so-called "Prince and Princess of Pot" Marc and Jodie Emery in early March, are significant public backlash against the trafficking conspiracy and possession charges laid against the British Columbian couple.

"It doesn't make sense for police to continue arresting and arresting people for weed if it's not even going to be legal, like a罪," said Steven Montgomery, a London student and medical marijuana cardholder user in Ontario. "It's just getting charged and having a (court) record that says with you for an indefinite amount of time."

Although former Minister Justin Trudeau campaigned on the promise of legalizing and monitoring the use of the drug something believed to have

been a large reason for the increased support of younger voters, he conceded Canadians last month that potential changes in legislation are not meant to overturn current legal policies.

"Until we have a framework to control and regulate marijuana, the current laws apply," Trudeau said in a CBC News article while in Kamloops, B.C. on March 1. Justice Minister Rob Wilson also assured Canadian police agencies in a statement, saying, "At this time, cannabis is still a Schedule II drug under the Controlled Drugs and Substances Act. Therefore it is authorized to still consider for medical reasons or for any other purpose."

These statements have only spurred increased producers of the drug from showing their eager acceptance of the proposed new laws at the first Cannabis and Hemp Legislative plan in Gatineau on April 1. The event saw more than 100 sellers from across Canada and the United States present with the purpose of educating the public on the substance and the industry surrounding it, while simultaneously reaching out to constituents of the future. One of the main pieces of news of Canadian hemp distributors have seen a significant jump as the government takes another step closer to legalization. Companies such as Aurora Cannabis have seen share prices shot up to 600 percent in the last year, leading them to take preventative action in the form of constructing a new 500,000 square foot facility in Alberta. The one dubbed "Aurora Park," is designed to produce up to 200,000 kilograms

of marijuana a year.

Other licensed distributors and dispensaries who would benefit from the legalization of marijuana, including those in Waterloo Region, are also looking forward to moving to recreational smokers. Kevin Levy, director and co-founder of Canadian Cannabis Choice, which received a license in Kitchener in 2013, said the public can expect many more establishments to open in the coming months.

"There's a lot of need for medical marijuana already as any recreational user and sales become legal, you'll see dispensaries and shops open up rapidly in most of that public domain," Levy said.

The federal government will be the one responsible for ensuring Canada's cannabis supply is safe and secure, while the provinces will determine how to best distribute or sell the product. As well, the Trudeau government has stated that Ottawa will let the provinces set to purchase marijuana at 18, but provinces will be permitted to set a higher age limit if they so choose.

There are currently 41 authorized licensed producers across Canada, 30 of which are located in Ontario.

In 2013, the CIBC released an estimate of the worth of the recreational marijuana market in Canada, with figures that put the value at around \$10 billion.

"Everyone has been asking would be as long as anyone can remember at was really just a matter of time before the government released they could make money off of it," Montgomery said. "I just hope they legalize as quickly as they've promised."



PHOTO BY CRAIG COOK

Sophie Montgomery displays some of the legally acquired cannabis on March 20 in London, Ont. The Liberal government is moving to have marijuana fully legalized by Canada Day next year.

STUDENTS PAINT WITH A PURPOSE



PHOTO BY ROBERT KAMER

Students of Conestoga College participated in a social art event hosted by Conestoga Students Inc. on March 20 at The Annex in Guelph. The instructor instructed and painted while giving instructions to students who followed her lead. For more story visit www.aplusmedia.com.

THE EMPIRE STRIKES BACK FOR AUTISM AWARENESS



PHOTO BY ANDREW BENNETT

Dustin Vosler, some of the Galactic Empire's store treasurers, as well as members of the 501st Legion Canadian Garrison took to the streets on April 3 - World Autism Day - to promote autism awareness with community volunteers. (Courtesy Dustin Vosler - Wellington Starbeam held in celebration at the Wellington Sessions Community Centre in Guelph. For video story, see www.aplusmedia.com)

Maple Syrup Festival is all about the money

Driving past Elizabethtown, home of the "World's Largest Single Day Maple Syrup Festival," you see houses, driveways, garages, along the sides of the main road, with Memphians selling fresh maple syrup for the low price of only \$1 per five litre jug.

You turn onto a side street and see signs that read "park in the driveway for only \$1 a spot."

So the price is \$1.00 and you have to pay \$1.00 worth of time. First, you know.

Then there's you know you're walking down a Arthur Street on April 1 the main street in Elizabethtown, following the sound of approximately 60,000 people crowding the downtown streets of that 10,000 person town.

You walk around a food on the street and stop in your tracks wondering how in the world you're going to save everything that festival has to offer all you can see right now one people's shoulders breaking against one another as they squeeze through the mostly unregulated crowd, but you move forward anyway.

Walking down the street, you know the area now, walks a little around every corner, "Elizabethtown" and "Sug' 'n' more."

With every step you take, the smell of street food and fresh ground coffee greets you. You see people holding food you've never seen before. Lake trout, potato pancakes, sausages and, of course, giant turkey legs.

You decide to purchase \$10.00 two of each piece.

So you go looking for those things. What on your way you stop to buy the best cost you've ever eaten (\$10.00) and a beautiful leather bound notebook (\$10.00).

At that point you have one of the most beautiful moments you've ever had, Persian Elizabethtown playing his part



Elizabethtown
Resident
Stephens

Steph: You graduate toward the music. Entertained by how talented they are, you don't even notice that the people on the sidewalk are right next to you. You find yourself walking in circles trying to find them. Finally after the third time you walk past everyone, you see the people. You buy one (\$10) and take the first bite. You are slightly overwhelmed by the food but it's not anything special, just it's unique. I enjoy these unusual skillfuls - it's a chick.

While you are holding it, the paper starts successfully down your arm, you are someone walking by with a Starbucks latte. You stop them and ask where they got it, they just, you smile and say it's on your way after checking them.

Now, asking people when something is when that thing you're looking for is right in front of you happens a lot in Step Fest.

You stand outside and you wait for the what feels like an hour just to get that steady sliced potato, sweet potato, onto a stick.

You get to the front of the line. Finally and the girl takes your money (\$10) and you get your potato - just that gets too cold, but that's just to give a giant, sort of smile to everyone.

Then you nod to the stand owner that looks you in the eye, you tell her to find the giant maple syrup legs.

Entertained by the smell of maple syrup you follow your nose farther than your stomach to try and find the love. You come across a group of people standing in a

large circle around two fire pits with men poles hanging above them. A study brown liquid running in a hand on wooden poles is about to create the stickiest, most delicious and drinkable (\$10) you've ever tasted.

It's a practically maple syrup on a stick but you can't stop eating it until your hand is burning. A large smile from your past just is when. Winterfest is the only thing that will make out your mouth enough for you to be able to sit that turkey leg you've been yearning for all day.

Finally, you can't bear any more. You leave board, the sand legs and are determined to get out. You sit on the bus to buy a ticket, to sit on a number bus to \$100 per turkey leg (\$10).

A guy on the street gives us the price and says "How dollars does a turkey leg?" I can buy a whole turkey for that price?"

Your excitement helps you down the bus just. You're back waiting for the bus all day. It's a quarter how much it cost you.

You finally have that glorious piece of meat in your hands. You take your fire腿 and sit everything you'd hoped it would be. Your mouth waters more and more with every bite.

You eat 10 hours and you realize what you eat over time is half being down and you still didn't eat all that food. You just wanted more whole dollars.

After all is said and done, you had a great day. Until you look at your wallet, \$110.00 later you realize you definitely can't stretch it. You just wanted more whole dollars.

After all is said and done, you had a great day. Until you look at your wallet, \$110.00 later you realize you definitely can't stretch it. You just wanted more whole dollars.

Going to Step Fest is a lot more different than that. It was a friend. The story behind this, it was about the sense of community and everyone coming together to



PHOTO BY BRADLEY PLUMB

More than 40,000 people attended the 30th annual Elizabethtown Maple Syrup Festival on April 1. For a video story, visit www.brevardnow.com.

about your, again brother since more over 1000 bus.

I remember when the turkey legs used to be \$5 and the tickets on sticks used to be \$1.

I want them to bring the culture and community back and make this festival less about how much money they can make and more about the town. I hate going to festivals where it's everything about the money.

Especially Step Fest.



PHOTO BY BRADLEY PLUMB
More than 40,000 people attended the 30th annual Elizabethtown Maple Syrup Festival on April 1. For a video story, visit www.brevardnow.com.





The Trans Canada Trail organization aims to connect the last 2,000 kilometres of The Great Trail by Aug. 26 in conjunction with Canada's 150th birthday. Sarah Jackson is currently backpacking the trail's west coast route. She has approximately 2,000 kilometres left of her grand adventure.



PHOTO BY STEPHEN ALLEN/WHITE

The longest recreational trail in the world

BY ROBERT JAMES

The Trans Canada Trail organization is hoping to connect the trail by Aug. 26 in conjunction with Canada's 150th birthday.

"We think idea that we can all be connected," said Christian Knoblauch, president of the Trans Canada Trail. "The idea that you could be on the trail in Victoria, B.C. and if you keep going you can go all the way to Newfoundland or you could go up in the Arctic Ocean or sand-bagging. To me it's just the coolest project ever."

The Trans Canada Trail, also known as The Great Trail, is the longest recreational trail in the world. To date 21,500 kilometres of the trail are operational, which

is 91 per cent of the proposed route. There is approximately 3,000 kilometres of trail to be connected — much of it in unpopulated areas with difficult terrain. Four out of five Canadians live within 35 minutes of the trail. All 13 provinces and territories have parts of the trail.

"What we're working on is a multi-use trail," said Knoblauch. "It's something that we want to appeal to the broad audience of Canada, the second largest country in the world."

Knoblauch said the trail has been one of the greatest volunteer efforts in Canadian history.

"We currently have 21,000 kilometres of operational trail and that's largely due to volunteers," she said. "We have

11 provincial and territorial partners who are always looking for volunteers for trail building, but also trail maintenance ... to clean the beach, make sure it's properly signed and also do a good cleaning so the people can use safely."

The trail is on crown land as well as private land and includes over 15,000 kilometres of the Pacific trail and road, as well as water routes, which occupy 16 per cent of the trail.

"If you really want to follow the entire route you would have to bring a kayak and it would take several years to go across Canada," said Knoblauch. "It's a huge undertaking. People are doing it though."

Sarah Jackson, a cross-country adventurer in her 20s, is currently walking a

west to east route, which is approximately 11,000 kilometres. She began walking in June 2011 after saving for a year and a half to begin her adventure. She has visited seven of 10 provinces twice over for her mother's birthday and a year later Christmas.

"I've taken a total time of time to travel a storm but most nights I expect to sleep," said Jackson. "I've camped in more really beautiful places through B.C."

"Some nights I've walked under the stars in the prairies. It has been amazing."

Jackson began walking in Victoria, B.C. and has travelled as far as Fredericton, NB.

"I've come about 8,000 kilometres and I've got about 3,000 more to go.

"I jumped into it not really knowing what to expect and I didn't even know when I can out that I would do the whole thing. I am out from B.C. expecting that I would keep going for as long as I was staying at, and I kept enjoying it and I kept saying it's not a long group."

Jackson said she has hiked a lot along the way and that she uses the trail as a compass.

Knoblauch said she thinks a person would have to be reasonably strong and self reliant in order to complete the entire trail.

"I think you would have to be good at being successful and I think you would have to be really brave and someone who can live on the moment. I would definitely expect to that."



PHOTO BY ROBERT JAMES

A Steller's eider, a type of duck that has a long, thin bill, swims in the St. Lawrence River on April 1, in the Gaspe region of the Trans Canada Trail (plus The Great Trail).



PHOTO BY SARAH JACKSON

"I've met a lot of really great people along the way and I think that's been the highlight." — Sarah Jackson

Bush Jackson, of Edmonton, was walking the trail while being interviewed over the phone. She walked off of the road in an area and continued on the conversation. Shortly after a truck pulled over and she crossed herself.

"Hi there," said Bush to the driver.

"Where you going?" asked the man.

"I'm walking to meet the road," said Bush.

"Awesome," the man said. "I saw you two days ago nearby Peacehaven Drive."

Bush walked up to her truck and continued the conversation.

"You want to take the

Bush Jackson, of Edmonton, was walking the trail while being interviewed over the phone. She walked off of the road in an area and continued on the conversation. Shortly after a truck pulled over and she crossed herself.

"You want to take the Hump Road which is three kilometers which I think would be about 35 kilometers?" the man said. "You'll see a big sign that says 'Preston Road' then right, left, and then should be a little road on the left-hand side and that's also the little Trans-Canada Trail sign there. You want to go down when looks like a little dead-end path — like further down about 35 kilometers you're going to get to a place called Boundary Staples. Stop in, have lunch with me and keep going."

"Thank you so much! I'm

sure, by the way."

"Sarah, I'm Sarah."

"Sarah, nice to meet you. Thank you, that's awesome."

"Stop in. Tell them you're having lunch on Hump — I work there. I help them out on the weekdays."

"Thank you! That is so cool. Thank you so much!" said Bush.

"No problem. Have a good one!" said Karen.

"You too! Take care."

Sarah came back to the interview and apologized.

"I sorry a lot that I met a lot of people at a really cold. Like I said, this is the highlight for me."

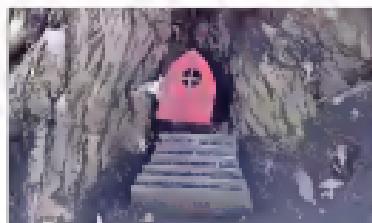


PHOTO BY BRIANNA MAYER

Small backpacks doors are hinged to holes in the trunks of trees, closing off the houses to intruders and visitors along Bush's route of the Trans-Canada Trail.

PHOTO BY SARAH JACKSON

Bush Jackson's campsite under the setting sun on September 5, 2016 — the 202nd day of her great adventure.

Paramedic writes about her road to recovery

■ CONTINUED FROM PAGE 1

Surrounding her pride and understanding why she was in the program lead to Harris being able to grow and learn each day. She went from being a frequent visitor listening and helping in herself, to a member of "Survivor-1st school," trying to help and teach other survivors and make them feel welcome.

Throughout the whole program, Harris took in writing on her blog a few her experiences and thoughts. Some posts were experiencing her progress and what she had learned, but she also wrote on certain situations and others more filled with frustration and confusion.

The blog helped her update friends and family with progress along the way. There's a post on helping and the stages about mental health, especially in the paramedic field. It was the biggest help to her recovery, to express her thoughts beyond the hospital walls and into a world where she was not afraid to share what had happened to her.

As a paramedic, Harris said her coworkers became very comfortable with the unexplainable. But, Harris didn't like this. She knew what people would say when she told them she was suffering from her job. Her coworkers would tell her that she signed up for it and that she should have known where she was going to deal with.

Harris responds, "We signed up for an exciting career that allows us to help people on such an extraordinary level. No one signed up for mental illness. We signed up for the chance to save people's lives. No one signed up for centuries of patients deteriorating or pain."

She signed up for the journey.

Harris thought she was strong enough to avoid being

embarrassed and asked about stopping, because she had not gone through the painful experiences again.

But that pushed Harris forward. She wanted to be heard, no matter how long it took. Her desire to be normal again was stronger than ever — normal for her family, but forever used for her self.

Harris continued on "Survivor life" until, "I finished my last class that day that was now accepted into a much easier otherwise known as "Survivor-life boarding school."

That was a huge step for Harris. She would be able to focus on her recovery.

She started dealing with her feelings, and then transitioned into dealing with her post-traumatic stress disorder, which caused her depression, anxiety, night terrors and dreams, flashbacks and attempted suicide.

As a paramedic, Harris said her coworkers became very comfortable with the unexplainable. But, Harris didn't like this. She knew what people would say when she told them she was suffering from her job. Her coworkers would tell her that she signed up for it and that she should have known where she was going to deal with.

Harris responds, "We signed up for an exciting career that allows us to help people on such an extraordinary level. No one signed up for mental illness. We signed up for the chance to save people's lives. No one signed up for centuries of patients deteriorating or pain." She signed up for the journey.

Harris thought she was

uncomfortable, however, so she stopped up there and never wrote again because angry.

Harris is now an advocate for helping people through mental health problems. She is helping the stages within her first aid and any other place where people can sit and live in talk. Through her blog, and turning it into a book, titled "Survivor-life School," she is working everyday to reduce the mental health stigma.

Along with other emergency response workers, Harris was able to create a program for co-workers to talk.

Wings for Change brings together friends, students, no students and staff for the hours a week to talk. Harris explains that that is not a place to fix things, but a place to talk it out and understand where everyone else is at their level. The program is all about understanding yourself and symptoms of PTSD, depression, anxiety and other mental health struggles. It is where you learn steps of healing how to help a friend and get them the help they need. With her daughter going to school the police foundations, Harris believes emergency response workers need to talk every day with someone, through every call, every voice and every moment.

Harris wants people to go for the help that she didn't. She wants people to feel comfortable talking to each other in their workplace and to be able to move forward with troubles like dissociation, panic or go through what she went through. She never wants anyone to be searching through their kitchen cupboard looking for the best sleeping pills they can find.

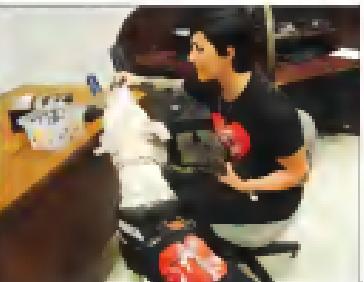


Photo by Kristin Harris
Kristin Harris spends time with her service dog Lexi after taking wing for change students at Catawba College. For video story, go to www.spartanbulletin.com



Photo by Kristin Harris
Harris sits for mental health. Her kids are the two people who push her to the road.



Photo by Kristin Harris
This tattoo means everything to Harris. It perfectly reflects her journey, life, death, beauty, dreams and hope.

I Wish...

By Kristin Harris

I wish you all had never lied,
That life is dark, in some not real.
I wish you all know to leave the house
My bags collapse when comfort leaves
I wish you all can't stop me from being
Replay the music I forced each day
I wish that anxiety would never
To rid my soul of sadness here
To wish each one was over there
They silence my thoughts left to none
I wish I'm forever enough to make
Sister's dream heartache's endless smile.
I wish you all can't flag me out there
The blackness comes to always being
I wish I knew I'd be OK.

Believe tomorrow's another day
But I can't wait with all my might
It won't disappear this crossless fight
That road will end up in the sky.
With all the rest where bad god by
I'll make tomorrow, pain for hope,
On support up come may to cope
Through darkness to black, I'll make my way.
It won't give me another day
I wish



Photo by Kristin Harris
Harris is shown with her book "Survivor-life School," which is all about her mental health journey. She will discuss her book at the Catawba Chapters on March 29.

STEP RIGHT UP

THEMUSEUM
ON THE
MILE

BY HELEN KRASNER

Take a step back in history with THEMUSEUM's travelling carnival exhibit.

Step Right Up: The Travelling Carnival in Canada looks back on how they made by travelling carnivals and makes us happy about our entertainment and agriculture. It all started when two men met back in the 1980s. Originally they performed shows across the U.S., but they decided to move their act to Canada.

"Carnivals and fairs were partners, and the carnivals began with them in Canada," said David Mandel, CEO at THEMUSEUM.

Carnival and fairs left their home country to do tours around Canada. The shows didn't do well and they were ready to pack up and move back. They took one last chance and played a ringling show, which was being performed in St. Boniface, a town located just outside of Winnipeg.

As their act grew in popularity so did their circuit reaching, meaning they would be paid more and could work for bigger circuits. Their show grew to include contests and "tricks." Most of what was used as entertainment then would be borrowed again in this day and age.

"They had back shows, a gall would burst into a pinata and the Jolly Fat Boy," said Mandel. "It's an interesting looking look and seeing what our society thought was fun."

Not only have carnivals the played a social role during the Great Depression, instead of winning a prize by from a game you would win food or other household items.

In THEMUSEUM's exhibit,

you will find many original artifacts from travelling carnivals that show how they have developed over the years.

The vintage displays and brochures included in the exhibit, capture the carnival atmosphere in a nostalgic, friendly, and sometimes whimsical way," said Jason

van Klaaren, the brand, digital signage at THEMUSEUM.

Behind a wood barn entrance and artifacts from early 1900s carnivals include a popcorn machine, original Ferris wheel seats (made with rope), memory games, house, general store signs and a hot potato cooler.

"The Step Right Up: The Travelling Carnival in Canada exhibit is the original stories of the carnival," said van Klaaren. "It demonstrates the ways in which the carnival of the past was presented very differently than the carnival of today. The keeping and collecting history is often forgotten, or many times not even known. By many people today it's interesting to look into the origins of something that today is largely regarded as fun and entertainment."

THEMUSEUM will be running the carnival exhibit until Labour Day marked as a part of their celebration of Canada's 150th birthday.

CARNIVAL TALK

- **Larry** - Referring to "Larry" when the sergeant is bad side or bad master
- **Cooker Location** - A spot on the midway that isn't too good for business or office locations.
- **Jagger** - A tennis player.
- **Ringling** - Circus, roadside, dairy and/or freaky carnivals.
- **Army** - An organization.
- **Blowout** - A storm that knock tents and portable equipment.
- **Great Bear** - One hot lamp going from the inside it ignites and it blows

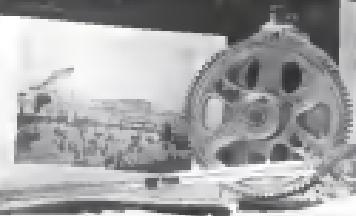


PHOTO BY HELEN KRASNER

Checkers from top right: The Step Right Up: The Travelling Carnival in Canada exhibit takes you through the century shaped the society's entertainment and agriculture. Artifacts on display in the exhibit at THEMUSEUM include a vintage popcorn maker (1860), a general store (1910s), a giant hot dog cart used to advertise the travel trade (1960s) and an iron strength tester (1960s). This gear is from an early Ferris wheel, which held seats made out of rope. The creator of this Ferris wheel was assisted by the British Queen. THEMUSEUM CEO David Mandel and employee Kristin Lamb stand with the Jolly Fat Boy display.



Alan Doyle returns to Kitchener

BY NICKOLE BLAINE

Alan Doyle containerized his Do-Lo's on the tour with his second Canadian album at Kitchener's St. Jacobs on the Square on March 29, attracting 1,600 audience members.

The show was one Doyle had been looking forward to for quite some time. "Kitchener is the biggest one, and this is the one I have had my eye on. This is the biggest gig I did 2,000 people coming through," he said during an interview a few hours before he was set to perform.

Kitchener happens to be more than just another stop for Doyle. In fact, he attended Conestoga College on an amateur pilot of his part. "I think Conestoga College was the last college or university on the mainland of Canada that I ever played in my life. In 1994 I think it was '93 or '94," he said.

Doyle is one of the former lead singers of Great Big Sea, a Canadian folk rock band from Newfoundland and Labrador that was formed in 1988 just after Doyle graduated from university. The band has since reformed, appearing this a Doyle in person on his own with a band at a recent Alan Doyle and the Beautiful Gypsies.

When asked about the biggest difference between performing with Great Big Sea and now, Alan said, "The biggest difference is this band has much more energy to it. Great Big Sea, we primarily played Newfoundland traditional music and songs based on that kind of music. Whereas this one is much more varied. It's the loss of Newfoundland traditional music and influenced stuff, but we also do a bunch of singer-songwriter stuff and rock stuff and country music and it's just a bit more varied. They're both a mix of that. I have enjoyed every night with both of them on tour."

Doyle has always been a part of Doyle's life. "To be honest I was already playing at bands before I went to university. I started playing in bands when I was really young. Because my mom and dad did it, my uncles did it, it's kind of been in the family," he said.

Doyle began playing music with his uncles when he was 14 or 15, then played clubs, dances and weddings. "Then I sort of used money to pay my way through university," he said.

"Right as soon as I graduated university Great Big Sea started, so I kind of had to leave it alone. Right away though, it was '93 or '94, it was perfect timing really, because I had my degree there and I was still only 20 or 21 or something and I got the chance to come tour in



Alan Doyle and his acoustic set perform together at the St. Jacobs on the Square on March 29.

PHOTO BY NICKOLE BLAINE



Doyle sang many songs throughout the night, among them "Forever Light," "Sea of Glass" and "Run Away."

He said, "I said, 'Oh, I'll just do it for a while, and you know, most likely it won't work out and I'll go back to doing a road gig and that was it." He pauses and says, "Up to five or six," Doyle said about the experience.

44 I think Conestoga College was the first college or university on the mainland of Canada that I ever played in my life. In 1994, I think it was '93 or '94. P.P.
— ALAN DOYLE

What day pit could begin back up? He said he has a Bachelor of arts and a Bachelor of education from Memorial University of Newfoundland in St. John's, Newfoundland, but he worked as a music store entrepreneur for almost



Doyle and the band played long into the night, performing until the close of the concert.

He said on the occasion that blossomed into friendship and opportunity. Since then, Doyle has worked alongside Cross on the movie *Riders of the Storm* as well as writing songs and albums together.

"Getting a chance to work on a movie with him is kind of like getting to play in a bunch of Broadway with Wayne Gretzky or something. Not that sort of inspirational to watch people like him and Ryan Bingham and Willie Nile and those people who worked on *The Devil's Music*, in which Bono did what an incredible experience, you know just because Bono is really the work and they're so prepared and they're so good and they're so real to life as human," he said.

During the concert, Doyle thanked the audience and Newfoundland while his band was being paid to have fun and be heard and for the warm welcome they received.

Throughout the show, Doyle engaged with the audience, telling jokes and stories and interacting with them in song along with his. Two songs that got the crowd singing, clapping and dancing were two of his *Doyle and the Beautiful Gypsies*.

What is Doyle hoping will come out of the tour? "The tour is created for people to come and check it out. I think that if people liked what they saw in Great Big Sea then they'll like this too. He got a great band, great party vibe in it. It's all inclusive, everyone gets to sing along. Great vapor released people coming out on stage what could go wrong?" he said, referring to his band members.

HELPING WISHES COME TRUE

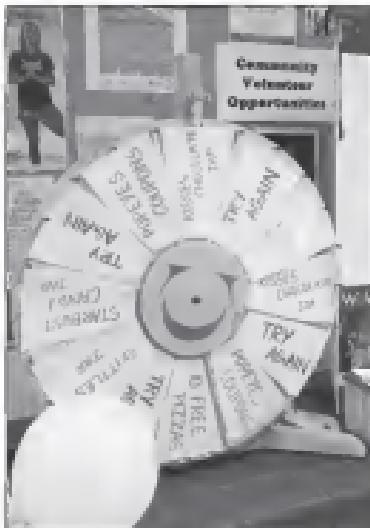


PHOTO BY MATTHEW STAHLKAMP

Community business of about 100,000 people going to the Alaska Wish Fundraiser. Guests were able to spin the wheel and win a prize.

ROAD WORK IS EXPECTED THIS SUMMER



PHOTO BY MATTHEW STAHLKAMP

A car speeds down New Dundas Road toward a fully damaged piece of asphalt. With spring in the air, road repairs are expected to intensify. Waterloo Region has 20 major road construction projects planned for this summer. This includes a resurfacing of Ottawa Street and Huron Weston Boulevard.



PHOTO BY JAMES WELLS

Waterloo's return to spring includes the annual festival of swans, marching from their winter habitat to the Avon River, where they live and enjoy the warm weather until next fall.

Swan parade celebrates spring

BY JAMES WELLS

Now is the time, via not just a flock of birds, they're coming, and they are very important to the city of Waterloo.

On April 2, Waterloo celebrated its annual swan parade as part of its yearly Festival of Spring. With the parade continuing its 27th year, there were approximately 2,000 people in attendance, including two newcomers, Dick and Judy Odeberg. The two had recently moved from Massachusetts to Waterloo in order to be closer to family. In Massachusetts, spring is a whole day dedicated to the swan, which was a little longer than in there at first, but with the swans present throughout the day, they began to enjoy it.

"It was alright, it looked as

if the swans were trying to take off in one great birding into the water," said Dick, as he chuckled at the thought.

"It was very interesting. I certainly enjoyed it the very first time," said Judy.

Before the unforgettable march of the swans took place mid-afternoon, attendees were serenaded by several different western band groups and a few displays of the amateur and piping arts. The last and star of the show was Craig Douglas, a professional clarinetist and singer whose show-stopping has all over the world.

After lots of laughs and performances, piping took stages, that kept Waterloo excited for approximately an hour, boat loads of pipers began to soar above the backs of the crowd, causing those

with an ear for the pipe to wonder more to listen to the Waterloo Police Pipes and Drums band.

The band kept the crowd entertained with a variety of songs for a good all-music evening a large crowd to gather around. Then played as the swans began their march to the Avon River.

With a swan and boats Ed spring day in mind, the swans could then make habitat, easily and eager to nest their books.

Swans, ducks and other aquatic animals greeted the swans as the band lead the march down Waterloo Street, past the William Allman Memorial Avon, and Lakeview Drive and finished off with a splash as the swans took off in high spirits across the water of the river.



The Waterloo Police Pipes and Drums band lead the swans toward the river with a variety of different songs.



HOROSCOPE

Book of April 16, 2012



Aries

March 21 - April 19



Libra

September 23 - October 22



You may want to consult a friend to confirm a solution you'd already considered. Go with your second instinct on this one.

Consider an old friend to help you with what you're going through this week.



Taurus

April 20 - May 20

Before you can find answers for yourself, maybe you should reach out to those close to you who may need you. Change will start to look up for you.

Scorpio (October 23 - November 21)

If you think your place in the world is uncertain, then you just might be correct. Realize that you can't win every battle, but you can always do your best.



Gemini

May 21 - June 21

Soon you will have both something that you lost, and it will become important to you. Own the day.

Sagittarius (November 22 - December 21)

If you're feeling doubtful, you should look beyond yourself to do some good in the community. Once you do, the pieces will start to fall in place.



Cancer

June 22 - July 22

If you think now is the time to do something new, then you might just be right. It's never too late to reconsider your options.

Capricorn (December 22 - January 19)

Today you will realize something you never knew you deserved, and it will make you rethink things.



Leo

July 23 - August 22

Why not do something just for yourself? Doing so will help you, and you'll understand who you really are.

Aquarius (January 20 - February 18)

If there is a mapping detail on your road, take time to realize what's holding you back. You don't want every battle, but you will do your best.



Virgo

August 23 - September 22

Are you working toward exploring a new possibility? The coming week will be the time you make the right choice, even if it's hard.

Pisces (February 19 - March 20)

Why not do something for someone on your team? Then you'll earn the respect you so really deserve.



Spiramus Strange oddities in...

...issues beyond mortal comprehension on a regular basis. He also enjoys young adult novels and (re)reading



Connor and Cliff must have had fun last night.

Word Search

3		6				
2			4	5	1	7
9	7		2		5	8
3		7		5	1	4
				2	5	
	2	5		4	3	
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8			1	6	9	
4						2

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Word Search

Earth Day

H	J	S	U	S	T	N	A	L	P	G	S	O	J	E	H	AIR
P	E	A	L	A	N	G	E	P	P	O	H	H	P	P	V	ANIMAL
V	P	G	I	C	E	S	E	R	U	T	A	E	R	O	T	BALANCE
X	O	E	I	R	M	M	O	X	R	R	R	O	E	S	C	CONSERVATION
T	L	E	S	W	N	Y	H	A	M	G	T	S	E	R	M	CREATURES
P	L	N	P	H	O	T	E	F	Y	E	D	R	F	V	M	EARTH
A	U	D	X	O	R	J	U	S	G	R	O	G	I	S	E	ENDANGERED
H	T	A	X	M	I	L	V	T	A	F	N	P	V	P	X	ENERGY
A	I	M	T	E	V	H	F	W	A	M	L	T	S	T	I	ENVIRONMENT
B	O	G	O	N	S	E	R	V	A	T	I	N	D	E	R	FOREST
I	M	E	O	Z	E	T	R	S	N	L	R	E	W	A		FUTURE
T	R	F	V	S	E	P	R	U	T	U	N	I	S	T	I	GLOBAL
A	Y	E	S	U	B	U	T	L	W	O	T	O	I		I	HABITAT
T	A	D	E	L	G	Y	E	R	L	U	M	P	F	F		HARMFUL
M	E	W	T	D	O	L	I	S	O	A	S	O	L	G		HOME
Z	O	I	S	A	K	V	B	K	V	L	W	A	T	E		PLANET

Useless Facts

Posti, Japan, has 1000 isolated (who know? Who care?)

The shark is the only fish that can blink with both eyes.

Two-thirds of the world's egg plant is grown in New Jersey. The longest unrepeatable word in the English language is "cooscoos."

Mississippi is the only U.S. state that has a name with just one syllable.

Almonds are a member of the peach family.

We're not kidding, goat milk is great

BY KATHLEEN PLUMB

Ontario is the third largest goat milk producing province in the world, with 10.2 litres of milk produced per goat.

Ontario is the largest goat milk producing province in Canada. According to a 2005 survey, Ontario is home to 70% of Canada's 367 goat milk producers. The largest Ontario goat herd will appear monthly at 1,250 goats, where the smallest is 80 to 900 on a dairy goat farm.

Most of these farms are located in Ontario's south-west, but also range in the northern and eastern areas of the province.

Goat dairy has a number of positive health benefits. First of all, goat dairy is much easier to digest than cow dairy. This is because of the smaller fat globules (fat are in goat milk). They weigh the stomach and flow in a easier way than that of cow milk. There is also the fact that goat milk is made up of approximately two per cent casein, whereas cow milk is about 18 per cent. This allows the body to absorb it with less irritation than cow milk. Goat milk is also a practical alternative for those who are lactose intolerant or lactose sensitive because the milk is low in lactose, or milk sugars.

Goat milk has three other great products and causes less inflammation than cow milk, because of the over 30 different allergens found inside of cow milk.

It also high in calcium and fatty acids but low on saturated. It contains 13 percent of the daily recommended calcium value compared to the 80 percent found in cow milk. Goat's milk can also aid in the treatment of ailments like coronary disease and intestinal disorders such as high levels of cholesterol, high blood pressure, 20-35 per cent compared to the 15-20 per cent found in cow's milk.

The manufacturing qualities of the fatty acids and

glycerides in goat milk keep the skin looking good with improved skin complexion and skin health.

It also yields approximately twice the calcium & three times the milk.

Goats are apparently easier to care for than cows, making them less difficult to handle. They also get along well with humans and other animals, allowing for a great environment to raise children in.

This was a consideration for Kara Norcott, co-owner of River's Edge Goat Dairy located just east of Arthur, Ont. when she made the decision to open a goat dairy farm. She has raised her children on the farm, and at one time raised her mother as well. She said, "It meant that much for because we had to keep our two year old daughter somewhere if we had to move the cattle. They are just so darn big they can not even move in front you." She added, "I wanted great goat farming, something for a family with small kids. All my kids have told me through the years, even with the cows and calves. And they have never done anything."

"You just don't have that fear of injury the same way that you do with cattle," she said.

She also said no compromise to raising a true dairy farm, quote on. "True efficient and quality goat product," Norcott said. "People more milk as the number of consumers that they use is in a very slow. They're not going to work with."

In terms of the health and nutritional benefits of goat milk, Norcott said, "There is still lactose in goat milk, but it is a little bit different from those people who are lactose intolerant, with cow milk are 10% with goat milk." She said most of the yogurt and cheeses because they are more gentle, and the arachis products are more easily digested by those who are lactose intolerant, adding, "We're one of those things people just

INTERESTING FACTS

- Goat milk can help to normalize goat cholesterol levels while at the same time, reducing the bad ones.
- It has similar healing properties to olive oil.
- It can be used in the making of some home remedies due to the pH level in goat's milk being close to that of humans, making it easier to absorb the oils with little irritation and bacteria.
- Its very digestible nature, it is favorite option for people with gastrointestinal issues.
- River's Edge Goat Dairy was first past at the Royal Winter Fair in Ontario's Cheesecakes chosen in 2000.
- The farm is one of the highest goat farms, in terms of elevation, in southern Ontario, sitting at 487 meters above sea-level.
- Baby goats are known as kids.
- A goat's gestational period is five months.
- Goats can have babies as early as seven months of age.
- A goat's lifespan is approximately nine to 14 years.



This baby goat, called a kid, was born just a few weeks ago at River's Edge Goat Dairy farm located just east of Arthur, Ont.

litter to experiment and play a little bit more."

In terms of any drawbacks to goat farming she said, "You're really dependent on Mother Nature, but there's no going there's not just goats."

Norcott and her partner Bill Makinson, produce three goat dairy products made with their herd of about 50 goats.

They sell their products from the store located on their farm as well as at three Saturday morning markets located at Kitchener (Guelph and Waterloo) and the Waterloo Region Farmers' Market.

Debbie Ferguson, a Waterloo resident who has been a River's Edge Goat Dairy customer for about eight months, walks by their stand at the Kitchener market, enjoys buying able to interact with the farmer when buying the products.

"I just like the idea of small business. This is what they're producing. I like that they are always the same," Ferguson said. She has been to Ferguson and buys the products and production of cheese and thinks that it is all very interesting. "It's just the consistency of the product that makes the difference," she said.

Mary and Steve Penney, Waterloo residents and goat dairy managers for 10 to 12 years, visited the River's Edge market stand at the first time after a promotional and the River's Edge caught their eye in an update picture.

"It's very healthy and for me it's easy to digest," said Mary. "The what makes the goats special," added Steve.



The farm has a herd of 50 goats which produce goat's milk, ice cream, butter, whipping cream and goat meat.



Thank you: from Spoke

Dear readers:

We the 20 HIGH 17 journalism crew thank you for choosing Spoke. This is our last edition of the school year. We have strived to write the most interesting stories and take the most colourful photos for you to enjoy this past school year.

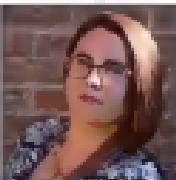
We have gone through stress and hard times just like any other students. We have other classes, other tests and other projects just like the rest of the school population.

Our class, the writers of Spoke would like you to know that we appreciate the time you take out of your work, and your time. Hopefully, busy schedules, in mind our beloved school newspaper.

We would also like to thank our professors who have helped us out passed us throughout our school careers. You have really set us for success and prepared us perfectly for the future.

Thank you from the bottom of our hearts.

Sincerely,
Spoke staff



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Past Advertising Manager



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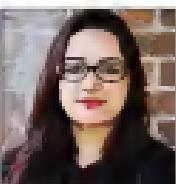
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